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The 2nd Annual INFLUENCE Women's Health Forum ~ April 30, 2008



Women in Indiana are making a difference by using their influence to positively impact the health of Hoosiers. Thank you for being a member of this prestigious group! For those who have worked hard over the past year to fight back against tobacco marketing to young girls, we applaud you. For those just joining the INFLUENCE movement, we know you are up for the challenge as we tackle the tough issues associated with mental health and addiction.



The 2nd Annual INFLuence Women's Health Forum was held on April 30, 2008. Attendees were inspired, educated, and called to action, but the hard work is just beginning. This newsletter, along with the INFLuence Web site (www.influence.in.gov), will provide tools, resources, and inspiration to aid you in using your influence to address the many components of mental health and addiction. Check the Web site often as we will be adding photos, resources, and a toolkit over the coming weeks.



Please take a few minutes right now to fill out the online survey below. We would appreciate your feedback regarding the INFLuence initiative and the recent forum to allow us to improve this important project to better meet your needs.

INForm Us

1. Which of the following is your primary role and reason for being involved with INFLuence?

- ☐ Legislator
- ☐ Media Representative
- ☐ Employer/Business Owner
- ☐ Health Professional
- ☐ Educator/School Administrator
- ☐ Faith-Based Leader
- ☐ Non-profit/Community Agency Representative
- ☐ Mother and/or Grandmother
- ☐ Community Member/Concerned Citizen
- ☐ Other

2. Did you attend the 2nd Annual INFLuence Women's Health Forum on April 30, 2008?

- ☐ Yes
- ☐ No

3. Did Dr. Mann Spitler's presentation, "Manda's Story," make an impact on you and move you to action?

- ☐ Absolutely
- ☐ Somewhat
- ☐ Not Sure
- ☐ No
- ☐ I did not see Dr. Spitler's presentation.



4. Did the presentation by Helene Cross provide you with useful information about the health, social, and economic impact of addiction?

- ☐ Absolutely
- ☐ Somewhat
- ☐ Not Sure
- ☐ No
- ☐ I did not see Helene Cross's presentation.



5. What additional components of the INFLuence forum did you enjoy or find useful? (Check all that apply.)

- ☐ Silent Auction
- ☐ Refreshments
- ☐ Red, White, and Black Dress Code
- ☐ Music
- ☐ Networking Opportunities
- ☐ Display Booths
- ☐ Information Packets
- ☐ Open Forum
- ☐ Summary of Past Year's INFLuence Activities



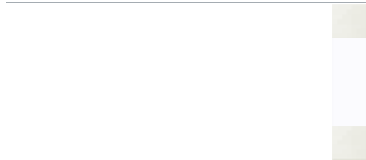
6. Which of the following action steps do you plan to complete during the next 12 months? (Check all that apply.)

- ☐ Host a local INFLuence forum
- ☐ Support legislative efforts related to addiction
- ☐ Learn about and support dual treatment of mental health and substance abuse
- ☐ Refer individuals to the Quitline or Addictions Hotline
- ☐ Empower youth to take action against addiction
- ☐ Support policies that promote responsible alcohol consumption
- ☐ Talk to youth about the dangers of alcohol use and abusing prescription and over-the-counter drugs
- ☐ Assess and improve workplace policies and resources related to addiction
- ☐ Tell 9 women about INFLuence and the information you've learned about addiction

7. Did you attend the 1st INFLuence Women's Health Forum LAST YEAR on April 18, 2007?

- ☐ Yes
☐ No

8. Please share any additional comments you have about the forum or the INFLuence initiative.



Submit

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Top 9 List - Volume II

Now that you are armed with knowledge about mental health and addictions, here is a list of 9 action steps you can take to make a difference in the health of Hoosier women:

1. Host an INFLuence Women's Health Forum in your community and invite local women of INFLuence to join together in fighting the challenge of addiction. An online toolkit will be available to assist you at www.influence.in.gov.
2. Support legislative efforts that promote prevention and addiction treatment.
3. Recognize addiction to tobacco, alcohol, and other drugs as a public health disease and understand the connection between mental illness and substance abuse. Support Integrated Dual Diagnosis Treatment. A toolkit is available at www.samhsa.gov.
4. Learn to recognize the warning signs of addiction. If you know someone with an addiction, encourage them to contact the Indiana Tobacco Quit Line: 1-800-QUIT-NOW or the Federal Addictions Hotline: 1-800-662-HELP. If you are a health care provider, assess the signs and symptoms of addiction and refer your patients for help.
5. Empower youth to take action against addiction and encourage them to get involved at www.Voice.tv and www.indianasadd.org.
6. Support policies and practices that promote responsible alcohol consumption in all venues. Discourage binge drinking, identify designated drivers, host alcohol-free work and social functions, and never provide

alcohol to minors.

7. Talk to your children and other youth about the dangers of alcohol use and abusing prescription and over-the-counter drugs. Educate yourself at www.theantidrug.com and www.timetotalk.org.
8. Assess current policies and resources available in your workplace that aid in dealing with and overcoming addictions. Use your influence to improve these policies and expand resources.
9. Contact 9 women you know, share the information you learned at the forum and ask them to complete the "Top 9 List" as well!

Thank you for taking action that will protect Hoosier women, their families, and generations to come from the devastating effects of addiction.

"Over the course of my career, I have seen the health of people from all walks of life severely affected by the sadness and pain of addiction to drugs, alcohol, and tobacco. Addiction destroys lives, shatters families and threatens the safety of our neighborhoods. We must work together to promote prevention efforts and create better access to treatment. As your state health commissioner, I ask that you make a personal commitment to once again use your influence and fight the challenge of addiction that causes suffering in so many lives."

For a Healthier Tomorrow,

Judy Monroe, MD
State Health Commissioner

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